

## **JYFL 2011 JYFL Flag Football Plan**

August 1 – Camp Begins, two nights per week  
August 2 – Flag football coaching clinic  
August 10 – Break out players by maturity/skill set  
August 15 - Regular weekly practice begins each Monday  
August 19 Round Robin  
August 24 – Six game season begins

Monday practices with one game each weekend. Final game schedule should be ready August 5<sup>th</sup> on Web Site [www.juneaufootball.com](http://www.juneaufootball.com) .

### **To: Potential JYFL Flag Football Coaches, Parents, and Participants**

JYFL began its initial year of peewee flag football program in 2009. This was an exciting opportunity to expand the youngest division to Kindergarten aged children and encourage larger numbers of kids in our fall football programs. The first two years were resounding successes. The flag program continues the JYFL tradition of inviting ever increasingly younger kids to football. We also hope to encourage parents who might want to eventually coach in the older divisions to join us in working with the flag level players and get exposed to the potential of coaching youth football.

JYFL has a history of excellent coaching at the youngest levels. As those coaches move up into the higher divisions there is room for parents with a love of the game and who have a joy of working with the kids to begin coaching in a fun, noncompetitive environment where they can learn along with the kids. JYFL will conduct a coaching clinic to introduce new coaches to the skills they will need to manage a team, run practices and games, and teach flag football in a safe and fun environment. Upon completion of the clinic the prospective coaches will work with veteran JYFL coaches as we conduct the preseason skills camp allowing the coaches to learn as well as the players and to begin evaluating the kids to eventually build evenly matched teams that will ensure a fun season for all. At the completion of the skills camp the kids will be assigned to teams and head coaches assigned to the teams. During the season the players may be moved between teams to insure equity in skills and numbers between teams

The season will consist of a preseason round robin scrimmage followed by six weekly games. There will be one scheduled practice each week after camp is complete. Don't be afraid to volunteer as a coach. The major skills required are patience and a great sense of humor. We can teach you the football, that's the easy part! Helping the kids have fun and fall in love with the game. That's the goal! The competitiveness and winning desire comes later and doesn't have to be taught.

### **Coach Certification –**

Individuals interested in formally coaching in the flag football division must meet the following requirements to be assigned to a team. Parents not interested in becoming a coach may assist in practice but will not be allowed on field of play during games.

- Each coach must sign and return the attached “Pledge of Ethics.”

- All coaches will be held to all Pledge standards for the duration of the season.
- Each coach must consent to a security screen by JYFL's security firm every 24 months.
- Coaches must attend any coaches' clinics or meetings offered by the JYFL board.
- Coaches must be approved by the JYFL Board.

### **JYFL FLAG FOOTBALL COACH'S PLEDGE**

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all JYFL rules and directions.

---

Coach

---

Date

## GENERAL PEEWEE FLAG FOOTBALL RULES

All JYFL rules and regulations listed in the final JYFL rules book will also apply to the Flag division. Where there are conflicts these supplemental rules will prevail.

The JYFL Board reserves the right to modify these rules during the season should special circumstances require.

### **Player Eligibility**

K – 2nd grade

### **Players per Team**

It is recommended that each team have no more than 10 players

Teams will play 5 players on the field at a time.

Players must play at least half the game.

### **General Rules**

This is an instructional league. Scores and standings will not be kept or reported. Two approved coaches from each team will be allowed on the field during play to assist the players. Coaches may instruct but not cheer or yell during play.

#### A. Field Dimensions

1. The field is 40 yards long so that two games can be played on the turf field at the same time with 2-10 yard end zones. The middle of the field is the 20 yard line.

#### B. Equipment

1. Flags and field markings will be provided.

#### C. Basic Timing/Overtime

1. Games will be 40 minutes with a running clock.
2. Games will end even if the score is tied.
3. Each team has two 60-second time outs.
4. Officials can stop the clock at their discretion.

#### D. Possession

1. A coin toss determines first possession.
2. The offensive team takes possession of the ball at its goal- line and has four plays to cross midfield.
3. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its goal line. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its goal line.
4. All possession changes, except interceptions, start on the offense's goal line. Interceptions may be returned.

#### E. Running

1. The quarterback cannot run the ball
2. Handoffs or pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.
4. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
5. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
6. The defense will line up seven yards off the line of scrimmage.

#### F. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. No offensive motion is allowed.
3. A player must have at least one foot inbounds when making a reception.

#### G. Passing

1. Shovel passes are allowed.
2. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down.
3. Once the ball is handed off, the seven-second rule no longer is in effect.
4. Interceptions may be returned.

#### H. Dead Balls

1. It is recommended that the ball must be snapped off to one side, to start play. When a team has developed the ability to snap between the centers legs that is the preferable method of starting the play.
  2. Substitutions may be made on any dead ball.
  3. Play is ruled "dead" when:
    - a. Ball carrier's flag is pulled
    - b. Ball carrier steps out of bounds
    - c. Touchdown is scored
    - d. Ball carrier's knee hits the ground
    - e. Ball carrier's flag falls out

Note: There are no fumbles once the play has passed the line of scrimmage. The ball is spotted where the ball hits the ground. If the ball hits the ground behind the line of scrimmage, it may be picked up and play will continue.

#### I. Rushing the Quarterback

1. Rushing allowed. Defender **MUST** be seven yards behind the line of scrimmage before the snap

#### J. Blocking

1. There is no blocking or contact allowed.
2. No holding, grabbing of jerseys, pushing players to the ground, tripping, or using other body parts to stop a defender.

## K. Sportsmanship and Roughing

1. The head coaches will act as referee. If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will receive two warnings and be ejected from the game for continued violations.

2. **FOUL PLAY WILL NOT BE TOLERATED.**

3. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## L. Penalties

As this league is instructional most penalties will be used as teaching moments as appropriate and may be “waived off” by the referee.

1. All penalties will be called by the referee.

2. Defense:

a. Offsides: five yards and automatic first down

b. Interference: ten yards and automatic first down

c. Illegal contact (holding, tripping, etc.): ten yards and automatic first down

d. Illegal FLAG pull (before receiver has ball): ten yards and automatic first down

e. Illegal rushing : ten yards and automatic first down

3. Offense:

a. Illegal motion (moving before snap, false start, etc.): five yards

b. Illegal forward pass (pass thrown beyond line of scrimmage): five yards and loss of down

c. Offensive pass interference (illegal pick play, pushing off/away defender): ten yards and loss of down.

d. Flag guarding: ten yards (from line of scrimmage) and loss of down.

e. Delay of game: clock stops; ten yards and loss of down.

4. Referees determine incidental contact that may result from normal run of play.

5. All penalties will be assessed from the line of scrimmage.

6. Games cannot end on a defensive penalty, unless the offense declines it.

## VII. Attire

Jerseys will be provided for all players

Jerseys must be tucked in at all times.

Any article of clothing that could impede the defenders access to the flags must also be tucked in.

The following pants are **PROHIBITED**

Shorts or pants with pockets, belt loops, belts or exposed draw strings.

Jewelry, barrettes, or other hard objects worn on the head are prohibited

Eye Glasses must contain shatter-proof lenses and be secured by a restraining strap

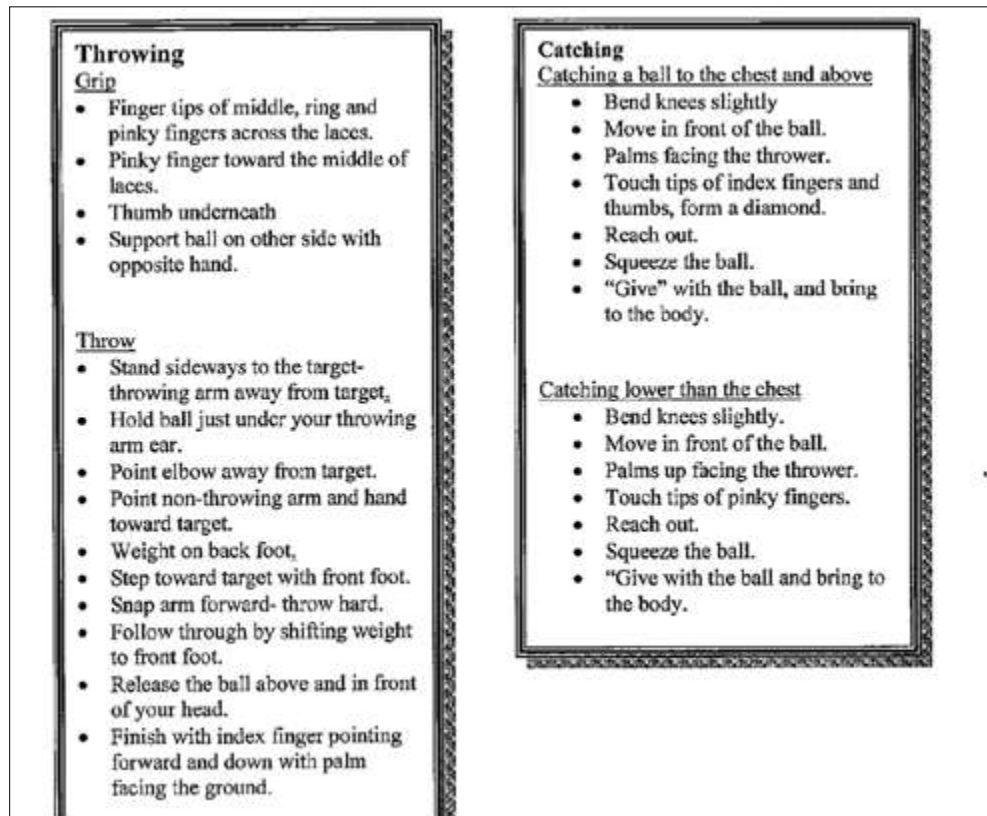
Cleats are allowed, except for metal spikes.

All players must wear a provided protective mouthpiece; there are no exceptions.

No padding of any type will be allowed. No hard casts even if padded are allowed.

Any other equipment the official feels could endanger or confuse players is prohibited.

## Skills To Teach:



## Interaction with your own children

The dynamic in each family is different and you know what works best in your situation. However, these basic guidelines have helped in the past and you may consider them as you help all the participants.

- 1) Feel free to work with your child during practice and games but also move around and work with others. This often helps the child to learn to work with other adults.
- 2) If your child begins to have difficulty, feels angry or sad due to a slight injury or perceived unfairness most will respond significantly differently to you than they will with another coach. If such a situation occurs it is often best to identify to one of our approved coaches that your child is having a difficult time and move on to work with another participant. The coach will try to help your child to resolve the problem and often is able to distract the child into having fun again.
- 3) If a child becomes severely disruptive or violent they may be removed from action until they are able to participate again. This is not a punishment but is necessary to protect the other children and diffuse the situation. In such cases you may be asked to assist your child until they are ready to return to participation.
- 4) Negative criticism in the form of verbal abuse of any participants, including your own, will not be tolerated for any adult helping in Flag football. Parents will be asked to leave with their children in such cases.